

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

**After hours call
IMPACT 2-1-1
211, or toll free
1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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April 2018

The ADRC Connection

(International Business Times, The History Channel, Wikipedia)

April Fools Day. Gotcha!!!!

above, we here at the ADRC hope you have enjoyed our prank on this

Whether you are a prankster, the receiver of a prank or none of the

had purchased the Liberty Bell.

that grew on trees. The New York Times reported in 1996 that Taco Bell

another legendary joke when, in 1957, it showed a video about spaghetti

penguins flying as its April Fools' Day prank. The BBC was also behind

In 2008, the British Broadcasting Corporation aired a news clip of

on April Fools' Day which includes concerts, raffles and a parade.

throw flour on each other and in the Ukraine there is a festival centered

receiving end at some point in our lives. In Portugal, revelers traditionally

origin of the "kick me" sign that some of us may have been on the

then run away. However, Scotland reportedly claims to have been the

out fish figures on paper and stick them on the backs of other people,

shape. In France, April Fools' Day is called Poisson d'Avril, children cut

One thing is certain, no matter what the origin, traditions started to take

around the vernal equinox and their peers teased them.

date had moved; some people kept celebrating

calendar. Not everyone was aware the new year

when the French began using the Gregorian

legend traces its origin to France in the late 1500s,

servants on foolish errands on April 1st. Another

Eduard de Dene wrote of a nobleman who sent his

April Fools' Day began in 1539, when Flemish poet

called "The Nun's Priest's Tale." Others believe that

first-ever reference to April Fools' Day in a poem

began in 1392, when Geoffrey Chaucer made the

Some scholars believe this day of shenanigans

jokes all across the globe.

thing is for certain, it has become an international day of silliness and

joke of all since no one can really agree where it started and why. One

April Fools' Day; how and where did it start? This may be the biggest

April Fools!!!



Spring Cleaning

No one actually looks forward to cleaning, but there is something about blooming flowers and bright sunny days that makes us want to air out the whole house and start fresh. There are many books and articles on spring cleaning, decluttering, and organization. The newest trend is called death cleaning or "Döstädning" in Swedish.

Margareta Magnusson's book **The Gentle Art of Swedish Death Cleaning** explains a

different approach to decluttering. It is a bit like Marie Kondo's, Konmari method of only keeping items that "spark joy" but also getting rid of things that other people don't want to deal with when you're gone.

Magnusson says she is "somewhere between 80 and 100 years old" and her advice is based on real life experience. According to Magnusson, death cleaning is "about a permanent form of organization that makes your everyday life run more smoothly. If your family doesn't want your stuff when you're alive, they sure won't want it when you're dead." Magnusson suggests that age 65 is a good time to start death cleaning, but the process is freeing at any age. One important piece of advice from Magnusson, besides performing death cleaning is to discuss the topic with your family members and friends.

Some of her cleaning tips include:

- * Do not to start with your photos, as you'll get bogged down in your memories and never accomplish anything.
- * Make sure you keep a book of passwords in a secure space for your heirs.
- * Give away nice things you don't want as gifts, such as china or table linens or books.
- * Keep a separate box of things that matter only to you, and label it to be tossed upon your death.

Staying Safe at Tax Time

Every year, unfortunate taxpayers go to file their returns and are shocked to find that someone else has filed a fraudulent one in their name! Sadly, tax fraud has become more widespread and digital communication has opened new ways for it to happen. There are Phishing and Malware schemes, and Identity Theft is used to file false tax returns. There are also Impersonation Scams where criminals impersonate the IRS or tax official, such as a tax advocacy panel or tax preparer. They may say you owe money to the IRS or your state tax department or may represent themselves as a trusted tax authority and request information. This contact can occur through websites, emails, or threatening calls or text messages, that seem official. Sometimes, these scammers request that their victims pay by strange methods like gift cards or pre-paid credit cards. If you do in fact owe tax money to the IRS, you will receive an official bill in the mail first before being contacted by phone or email.



For a quick reference, the [IRS](#) states that these are four things they will never do:

- *ask for credit or debit card numbers over the phone;*
- *call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer;*
- *threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying; demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.*

Seeking and reporting scams:

The IRS encourages taxpayers to send suspicious emails related to tax fraud to its phishing@irs.gov email account. Other forms of tax fraud can be reported at <https://www.irs.gov/businesses/small-businesses-self-employed/tax-scams-how-to-report-them>. If you suspect that you have been a victim of fraud or identity theft, the Federal Trade Commission site at <https://www.identitytheft.gov/> provides a step-by-step recovery plan and assistance in taking action. If you believe you someone has used your social security number to fraudulently submit a tax return, you can also call the IRS at 800-908-4490.

Don't fall victim to tax scams. Remember — if it sounds too good to be true, it probably is.

Stay safe out there!

RELAX AND FEEL RE-ENERGIZED THIS SPRING!

April is National Stress Awareness Month



Stress is a part of all of our lives. A little bit keeps us on our toes and can help us perform to the best of our abilities. But caregivers often have more stress than is manageable and that stress can be overwhelming and cause health concerns. We've all heard of the benefits of reducing stress to improve our health and "add years to our lives". We know we "should" do it, but how can we realistically manage stress with our busy lifestyles?

There are many ways to reduce and manage stress in your life. Taking time for yourself not only will help you but will also benefit those around you by giving you more energy and patience to deal with all that life throws your way.

The following lists just a few examples of what you can do when you feel stressed. Many of these stress relief techniques take little time and can easily fit into your daily routine.



Breathe deeply

When stressed, our breathing often becomes shallow. Make a conscious effort to deepen your breaths by "breathing with your belly." Place your hands on your stomach and make them rise and fall with each breath. As you exhale, imagine that you are pushing out all your frustration.

Listen to soothing music

Check your local library for CDs of classical, instrumental or relaxation music. Play music softly in the background while you go about your daily routine or set aside time to just listen to the music.

Maintain a healthy diet

Lots of fruits, veggies, healthy fats, and whole grains give us energy and keep our body fueled. Limit caffeine, sugar and junk food as these can increase our feelings of stress and leave us feeling "wired."

Write down your thoughts

You don't need a fancy journal; just a notebook to write out your thoughts at the end of each day. Journaling can do wonders to release negativity and anxiety.

Get regular exercise

Exercise can help clear your mind and work off feelings of frustration and anxiety. Something as simple as a daily walk can leave you feeling more energetic. Try something new like yoga or Tai Chi. Find a local class or check out a DVD at your local library to use at home.

Stay connected

Stay in touch with your friends and family and let them know what's going on. Ask them for help in giving care. Look for help in your community. Community services include meal delivery, transportation, and supportive home care. To find out about all the helpful services in your area, call the ADRC at 262-548-7848.

Soak in a warm bath

Add some relaxing bath salts to the warm water to relax your mind and body.

Enjoy a hobby

Take time for something you really love to do. Whether it's knitting, baking or line dancing, take the time to do it.



Take care of yourself to stay well. Often, we don't realize that we are becoming stressed until we are already there. Relaxing needn't be complicated or expensive, and it shouldn't disrupt your daily routine.

Instead, incorporate these tips into your lifestyle and enjoy a healthier, happier day!

Effective Communication Strategies and Dementia

Communication is more than just talking and listening—it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.

Location: Muskego Public Library, S76 W16663 Janesville Road, Muskego, WI 53150

Date and time: Tuesday, April 3, 2018. 7:00-8:00 p.m.

Presented by: Jennifer Harders, Alzheimer's Association, Waukesha County Outreach Coordinator

Know the 10 Signs

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

Location: Pewaukee City Hall, W240 N3065 Pewaukee Road, Pewaukee, WI 53072

Date and time: Thursday, April 12, 2018 1:00-2:30 p.m.

To register: Please contact Pewaukee Park and Rec at 262-691-7275.

Presented by: Jennifer Harders, Alzheimer's Association, Waukesha County Outreach Coordinator

Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning

This education workshop offers helpful tips to assist families with difficult conversations around dementia, including going to the doctor, deciding when to stop driving and making legal and financial plans. The objectives are to share tips about having these tough conversations, to reinforce the need to plan ahead and create a care team, connect all attendees to helpful resources to enhance the quality of life for all involved and to provide the opportunity to hear from others who are dealing with similar issues.



Location: Pewaukee Public Library, 210 Main Street, Pewaukee, WI 53072

Date and time: Tuesday, April 17, 2018, 6:00-7:00 p.m.

To register: Please contact the Alzheimer's Association at 800-272-3900

Presented by: Jennifer Harders, Alzheimer's Association, Waukesha County Outreach Coordinator

ADRC Volunteers Help Waukesha County Lead the Way

Midwesterners are known for their kindness and it shows when looking at national volunteer statistics. There are only six states in the country where over a third of the adult population volunteer each year, and Wisconsin is one of them. Wisconsin is one of several in the Midwest with especially high volunteer participation rates. Not only are Wisconsin residents more likely to volunteer than most Americans, but they also volunteer more of their time. Residents in Wisconsin volunteered the equivalent of 42.9 hours in 2015, more per capita than every state except Utah.

We are so grateful for our kind hearted volunteers. They bring a unique spirit to the ways in which the ADRC works towards its mission to improve life for older adults and the disabled living in Waukesha County. Waukesha County's slogan reads, "*Leading the Way*" and in large part, it is with the help of volunteers. On April 22, the ADRC will recognize the efforts of some 800 volunteers with a special luncheon featuring presentations by county officials and exclusive entertainment. ADRC Volunteers help Waukesha County through these volunteering opportunities:

Senior Dining Assistants help pack meals for home delivery, set up, serve and clean up at the ten senior dining centers in Waukesha County. Dining Assistants can also welcome guests, assist with registration and assist individuals to the dining center.

Meals on Wheels Drivers deliver meals to homebound individuals on specific routes over the lunch hour. Drivers are reimbursed for mileage.

Benefit Specialist Volunteers help older adults by providing data entry related to insurance, medical bills, legal issues, social security, and other benefits.

Courthouse Greeters greet and direct visitors to offices or departments in the courthouse complex. Greeters may also assist with special mailing projects.

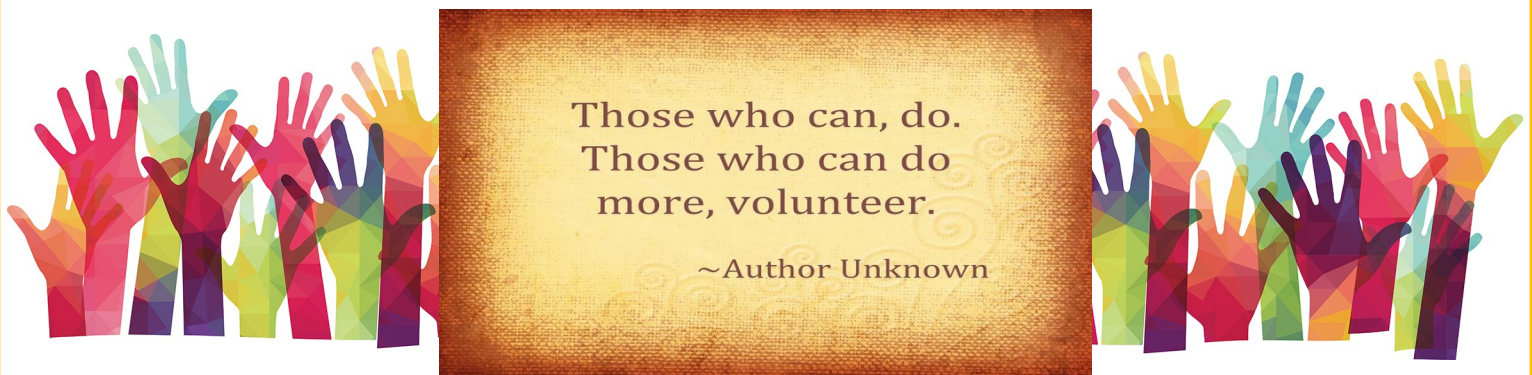
Office Assistants assist the office staff with a variety of duties such as answering phone, making calls, preparing mailings, filing, computer entries, etc.

Eldereach Volunteers call on older adults to re-assess their need for home delivered meals.

Volunteer Guardians are appointed by the courts to help make decisions for another adult who has been determined incapable of making decisions for him or herself.

Health Promotion Program Leaders help educate seniors to adopt and maintain a healthy way of life. Program topics include falling and balance, healthy eating, boosting the brain, pain management, caregiving and living well with chronic conditions.

If you know an ADRC Volunteer, thank them. If you'd like to become an ADRC volunteer, call the ADRC at 262-548-7829 or visit the website: www.waukeshacounty.gov/adrc.



Last call to apply for Energy Assistance this season!

Energy assistance is available to help households with their energy bills. Deadline to submit applications is May 15th. Gross income below \$2,216.75/month for a household size of one or a household of two under \$2,898.75/month may qualify for assistance. Call energy assistance at 262-549-9666 Monday - Friday from 8:30am-5pm for information and to request an application.



Evidence Based Health Promotion Program

COFFEE TEA & TALK

WHEN:

First Tuesday of each month
10 am - 11 am

WHERE:

Waukesha County Health &
Human Services– Room 114
514 Riverview Ave, Waukesha

SEATING IS LIMITED: RESERVATIONS

REQUIRED: CALL LEE: (262) 548-7848

FOR OLDER ADULT LEARNERS

MAY 3

Healthy Aging Brain

Learn about the different types of dementia, what you can do to adopt a 'brain healthy' lifestyle, and what resources are available

June 5

Creating an Advanced Care Plan

Back by Popular Demand !!

Family gatherings are perfect opportunities to talk about your health and end-of-life preferences.

We are looking for caring and compassionate individuals interested in helping to educate family caregivers struggling with the challenges of caregiving. Volunteer leaders will assist caregivers to gain knowledge and skills to support and improve their situation.



The *Powerful Tools for Caregivers* program is now recruiting workshop leaders. As a leader, you will have the satisfaction of discovering the contents of the program, learning the key elements of caregiver support and learning group leadership and facilitation skills that you can also use in other areas of your life. Your workshop leadership will provide caregivers with the tools and resources to better manage the challenges of caregiving.

Not sure how you would know what wisdom to impart or what skills a caregiver might need? Don't worry— anyone interested in becoming a *Powerful Tools for Caregivers* workshop leader will attend a two-day leader training course, as well as have the on-going support of the ADRC's Health Promotion Coordinator.

Interested? Want to learn more?

Please call us today at 262-548-7848 and ask for Lee for more information

What's happening at your local library?

The Waukesha County public libraries offer a wide variety of programs and activities. Most are free and open to all, even if you don't have a library card or you live in a different town. If you *do* have a library card, you can use it at any library in Waukesha or Jefferson counties! If you have any questions, please contact Jill Fuller at 262-896-8085 or jfuller@bridgeslibrarysystem.org.



<p><u>Brookfield Public Library</u> Brookfield City Hall 2000 N. Calhoun Rd Brookfield, WI 53005 (262) 782-9650 http://www.ci.brookfield.wi.us/38/Library <i>Les Paul: The Inside Stories</i> Thursday, April 12 at 7:00 PM</p>	<p><u>Delafield Public Library</u> 500 Genesee St. Delafield, WI 53018 (262) 646-6230 www.delafieldlibrary.org <i>Olive Oil for Beginners</i> Wednesday, April 18 at 6:30 PM</p>	<p><u>Elm Grove Public Library</u> 13600 Juneau Blvd Elm Grove WI 53122 (262) 782-6700 http://elmgrovelibrary.org <i>Small Space Gardens: Creating a Private Space</i> Wednesday, April 11 at 7:00 PM</p>
<p><u>Hartland Public Library</u> 110 E Park Ave, Hartland, WI 53029 (262) 367-3350 www.hartlandlibrary.org <i>Strategies for Social Security And Retirement Income</i> Wednesday, April 18 at 6:00 PM</p>	<p><u>Sussex's Pauline Haass Public Library</u> N64 W23820 Main St Sussex, WI 53089 262-246-5180 http://www.phplonline.org/ <i>Golda Meir: The Journey Home</i> Wednesday, April 18 at 7:00 PM</p>	<p><u>Waukesha Public Library</u> 321 W Wisconsin Ave Waukesha, WI 53186 (262) 524-3680 http://waukeshapubliclibrary.org <i>Mexicans in Wisconsin</i> April 4 at 7:00 PM</p>

New this Spring, the Bridges Library System will feature Medicare Presentations

at the following library locations:

Elm Grove Library—Wednesday, April 25 at 1:30-2:30

Muskego Library, Wednesday, May 2 at 6:30 pm

New Berlin Library, Wednesday, May 9 from 10-11

Mukwonago Public Library, May 16, 1-2



Victory Gardens

Victory Gardens, also called War Gardens or Food Gardens for Defense, were vegetable, fruit and herb gardens planted at private residences and public parks in the US, UK, Canada, Australia and Germany during WWI and WWII. Many people associate the term Victory Garden with WWII but the term was actually coined near the end of WWI by George Washington Carver. This, after all, was the conflict in which sauerkraut was renamed “liberty cabbage”.



Victory Gardens made it possible to save on wheat, meat and other farmed foods that the U.S. shipped to service members fighting overseas, as well as its starving allies. During WWII, the government pushed the belief that the more food grown in Victory Gardens, the closer America was to winning the war. Cookbooks, gardening books, special tools, customized seeds and unique fertilizer packets helped encourage people to grow their own food.

Victory Gardens were generally smaller scale undertakings, found in backyards, vacant lots, government parks, schoolyards, medians of divided streets and roads, window boxes, and on inner-city rooftops. These gardens supplied over 40% of all the vegetables consumed by Americans during the war. They were planted by families, cooperative neighborhood groups, defense workers on factory property, and even by school children on school grounds and sports fields.

Victory Gardens made people feel useful and productive. They improved morale by providing an outlet for the fear and anxiety of the war. By 1943, the U.S. Department of Agriculture reported that there were more than 20 million gardens producing 8-10 million tons of food which accounted for nearly 44% of the fresh vegetables in the US. In fact, people ate better during the war than before the war because of these Victory Gardens.

Today, Victory Gardens take on a whole new meaning fighting a different kind of battle; ensuring accessibility to healthy food and promoting the health of our ecosystems. Through gardening, people are seeking a connection to the cycle of life, and for good tasty food, from garden to plate. Non-profit organizations, such as the Waukesha County Green Team, promote environmental and economic sustainability in Waukesha County communities through Victory Gardens.



Nearly a quarter century ago, the Autism Society launched a nationwide effort to promote autism awareness, inclusion and self-determination for all, and assure that each person with Autism Spectrum Disorder (ASD) is provided the opportunity to achieve the highest possible quality of life. This year the Autism Society hopes to go beyond simply promoting autism awareness to encouraging friends and collaborators to become partners in the movement toward acceptance and appreciation.

Let's embrace a new perspective. For over 50 years the Autism Society has worked in communities (both large and small) to ensure their actions, through their services and programming, supported all individuals living with autism. They are now expanding this work to focus on the rest of us – ensuring acceptance and inclusion in schools and communities that results in true appreciation of the unique aspects of all people. The Autism Society wants to get one step closer to a society where those with ASDs are truly valued for their unique talents and gifts.

Join us in celebration for 2018 National Autism Awareness Month! National Autism Awareness Month represents an excellent opportunity to promote autism awareness, autism acceptance and to draw attention to the tens of thousands facing an autism diagnosis each year. Below are a few options for you to consider:

Put on the Puzzle! The Autism Awareness Puzzle Ribbon is the most recognized symbol of the autism community in the world. Autism prevalence is now one in every 68 children in America. Show your support for people with autism by wearing the Autism Awareness Puzzle Ribbon – as a pin on your shirt, a magnet on your car, a badge on your blog, or even your Facebook profile picture – and educate folks on the potential of people with autism! To learn more about the Autism Awareness Ribbon, or to learn where they are available for purchase, visit this website: <https://www.autism-society.org/get-involved/>.



Connect with your neighborhood. Many Autism Society [local affiliates](#) hold special events in their communities throughout the month of April. But if you can't find an event that suits you just right, [create your own!](#)



Watch a movie. Did you know that something that seems as simple as going to the movies is not an option for many families affected by autism? The Autism Society is working with [AMC Theatres](#) to bring special-needs families [Sensory Friendly Films](#) every month, which offers softer sound levels, adjusted lighting, and a safe, non-judgmental environment.



From the Desk of Your Benefit Specialist

What a Trip to the Emergency Room Means for an Older Person

By the GWAAR Legal Services Team

When we're young, a trip to the emergency room (ER) is usually for an unexpected illness or injury, and most of us take getting back to normal for granted. For older individuals, however, a trip to the ER can be a much different experience.

Consider these facts:

- Two-thirds of seniors who go to the emergency room are never admitted to the hospital – they return home immediately after their visits.
- Six months after visiting the emergency room, seniors are 14% more likely to have acquired a disability (for example, no longer being able to bathe, dress, climb down a flight of stairs, shop, or manage finances by themselves).
- The extent to which an older person gets up and about and out of the house after an emergency room visit is reduced drastically for at least a year without a full recovery.
- The leading cause of ER visits in older persons is a fall and injury.

Many wonder why emergency room visits become so critical for older people. One theory is that many older adults may have been coping adequately, but the emergency room visit acted as a tipping point and now they need more help. Another theory is that seniors who fall and injure themselves may become afraid of falling again and limit their activities, which leads to deterioration. Finally, underlying vulnerabilities (depression, dementia, or delirium) may go undetected, leaving older adults susceptible to the ongoing impact of these conditions.

In February 2018, the American College of Emergency Physicians started a program to certify emergency rooms in geriatric competence to make sure seniors leave the ER safely. At the basic level, medical staff will be educated in the principles and practice of geriatric care; assessing seniors to determine their degree of risk; screening older adults deemed at risk for cognitive concerns, falls and functional limitations; performing a comprehensive medication review; making referrals to community resources such as Meals on Wheels; and supplying an easily understood discharge plan.

The full article is available at Kaiser Health News: <https://khn.org/news/for-elder-health-trips-to-the-er-are-often-a-tipping-point/>.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on the second Wednesday of each month either 1pm-3pm or 5:30pm-7:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at:

<http://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

**Turning 65?
Need Medicare?**

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Butler 783-5506 – Pam Hampton Regency Apartments 12999 West Hampton Avenue Monday thru Friday at 11:45	Hartland 367-5689 –Peggy Breezewood Village Apartments 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00
Menomonee Falls 251-3406 —Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Mukwonago 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Muskego 414-422-0420 –Jack Stoney Creek Adult Community S69 W14142 Tess Corners Drive Monday, Wednesday, Friday at 11:45
New Berlin 784-7877 – Lisa National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Oconomowoc 567-5177 – Kelly Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00	Sussex 246-6747 –Nick Sussex Civic Campus N64 W23760 Main Street Monday thru Friday at 12:00
Waukesha 547-8282 – Lucille La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center manager between 9:30 am- 12:00 pm, one working day in advance, or the ADRC at (262) 548-7826. Transportation may be available by taxi or Rideline for \$1.00 each way.	

and the
AWARD
 goes to....

Laurie Kohler

**NAMI Waukesha's Mental Health
 Professional of the Year**

Laurie Kohler is a mental health professional who has been involved in many initiatives in the mental health service system throughout the years. Laurie has worked within three different divisions during her tenure within Waukesha County's Department of Health and Human Services—Child and Family Services, Mental Health Services, and Adult Protective Services (APS). She has been instrumental in the expansion of services for youth with severe emotional disturbances and their families, provided collaborative services to some of the County's most vulnerable adults, almost single-handedly developed a viable 24/7 crisis services operation, was instrumental in developing the first youth-focused Crisis Intervention Training in the State; and is highly involved in the Aging and Disability Resource Center's grant to address Dementia Crisis Response in our community.

Throughout her career she is always looking for ways to improve and enhance the services provided for those affected by mental health conditions, and has done so with a true understanding and compassion for the needs of those individuals who are most at risk.

The ADRC joins with the National Alliance on Mental Illness (NAMI) in recognizing the outstanding contributions Laurie has made to Waukesha County.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU April 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
OPENING DAY Bratwurst on a Bun Ketchup / Mustard Baked Beans Coleslaw Grapes Choc Chip Cookie Alt. SF Cookie	Meatloaf w/ Onion Gravy Mashed Potatoes w/ gravy Lemon Carrots and Rutabaga Italian Bread / Butter Fruit Salad	St. Louis Style BBQ Pork Ribs Baby Reds w/ butter Stewed Tomatoes Pear Half Crusty Roll / Butter Peach Cobbler Alt. Fresh Fruit	Sweet & Sour Chicken w/ Pineapple, Green Peppers and Onions Brown Rice Broccoli Pineapple Tidbits Almond Cookie Alt. SF Cookie	Crab Pasta Salad Tomato Onion Salad Blueberry Muffin Fruit Cocktail Chocolate Pudding Alt. Diet Pudding
9	10	11	12	13
Swedish Meatballs Egg Noodles w/ gravy Harvard Beets Banana Dinner Roll w/ butter Rice Krispies Treat Alt. Fruit	Chili Mac Sweet Green Peas Tropical Fruit Cocktail Multigrain Bread w/ butter Snickerdoodle Cookie Alt. Fresh Orange	Oven Roasted Turkey w/ gravy Herbed Stuffing Green Bean Casserole Dinner Roll / Butter White Frosted Cake Mandarin Oranges Alt. SF Cookie	Pub Burger on Onion Roll w/ Provolone Ketchup / Mustard Double Baked Potato Casserole Honey Glazed Carrots Apricots	Pizza Casserole Romaine Salad w/ Golden Italian Dressing Warm Breadstick w/ Butter Apple Muffin Alt. Fresh Apple
16	17	18	19	20
Mushroom Day Baked Chicken Mushroom Quinoa Risotto Oriental Blend Veg Rye bread w/ butter Chocolate pudding Alt. Fresh Fruit	Chicago Style Hot Dog on Poppy Seed Bun Ketchup, Mustard, Relish, Diced Onions Calico Beans American Potato Salad Banana Sugar Cookie	Celebrating our Volunteers! Beef tips in Mushroom Gravy Mashed Potatoes & Gravy Buttered Sweet Corn Wheat Bread w/ butter Apple Pie Alt. Fresh Apple	Oven Roasted Pork Scalloped Potatoes Apricot Carrots Dinner Roll / butter Tapioca Pudding Alt. Sugar Free Pudding	Earth Day (tomorrow) Three Bean Vegetarian Chili w/ onions and crackers Marinated Vegetable Salad Biscuit / butter Cranberry Compote
23	24	25	26	27
National Picnic Day Roast Beef sandwich w/ cheese, lettuce, tomato & mayo on Sheboygan hard roll Veggie pasta salad Pretzels Watermelon	Apricot Chicken Breast Wild Rice Blend Oriental Blend Veg Pineapple Chunks Almond Cookie Alt. Fresh Fruit	Stuffed Cabbage Roll Mashed Potatoes and Gravy Green Beans 7-Grain Bread / Butter Sliced Peaches	Italian Sausage Spaghetti with Rotini Pasta Italian Bread / Butter Romaine Salad w/ Italian Dressing Peaches	Chicken Caesar Salad w/ Croutons, parmesan cheese and Caesar dressing Potato Roll / Butter Strawberries and Blueberries Vanilla Ice Cream
30				
BBQ Pulled Pork on Wheat Bun Creamy Coleslaw Potato Salad Pear Half Oatmeal Raisin Cookie Alt. Raisins	<div>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE. 1% MILK INCLUDED ALT= LOW SUGAR ALTERNATIVE</div>			

How Long Should I Keep This? *by the GWAAR Legal Services Team*

Now that tax season is behind us and spring cleaning is ahead – it is a good time to go through old records and determine whether it is time to fire up the shredder or hold on to the records a bit longer.

Below are general recommendations on how long certain documents should be stored.

Keep for **Less** than 1 Year

- ☐ ATM, bank-deposit, and credit-card receipts until you reconcile them with your monthly statements. Once you've done that, shred the paper documents (to avoid ID theft) or securely trash electronic files unless you need them to support your tax return.
- ☐ Insurance policies and investment statements until new ones arrive.
- ☐ Pay stubs to verify W-2 at the end of the year.

Keep for **More** than 1 Year

- ☐ Loan documents (until the loan is paid off).
- ☐ Vehicle titles until you sell the vehicles.
- ☐ Investment purchase confirmations in stocks, bonds, mutual funds or anything else. Keep until you sell the investment so you can establish your cost basis and holding period. If that information appears on your annual statements, you can keep those instead.

Keep for 7 Years

- ☐ Supporting tax documents (W-2, charitable donations receipts, etc.)

Keep Forever

- ☐ Essential records such as birth and death certificates, marriage licenses, divorce decrees, Social Security cards, and military discharge papers.
- ☐ Defined-benefit plan documents, estate-planning documents, life-insurance policies, and an inventory of your bank safe-deposit box.
- ☐ Annual tax returns.

Sources: <http://www.consumerreports.org/taxes/how-long-to-keep-tax-documents/> [tps://www.bankofamerica.com/deposits/manage/how-long-to-keep-documents-before-shredding.go](https://www.bankofamerica.com/deposits/manage/how-long-to-keep-documents-before-shredding.go)

Seeking Public Input



Every three years, the Aging and Disability Resource Center of Waukesha County, looks at our community and through various efforts, seeks to identify the challenges facing Older Adults and Adults with Disabilities.

This short online survey is one such effort to gain community input.

<https://goo.gl/forms/be9kBrGRHJ2KufLZ2>

The survey is divided into 4 sections: an intro; 3 questions related to Aging Adults, 3 questions related to Adults with Disabilities and optional contact information about yourself.

We greatly value your input as we work to Lead the Way in meeting some of the challenges of this population.

**If you would like a paper copy of this survey, please contact the ADRC at 262-548-7848.*

The Benefits and Versatility of Nuts

Nuts are an easy snack that can have a positive impact on your health. They have antioxidants that may help fight aging and cancer, high quality protein that helps with the formation of muscle, and fiber that helps with digestion.

Nuts also have heart healthy fats.

Use these tips to incorporate nuts into your meals:

- Add to a salad for texture and crunch
- Add to muffins or breads
- Enjoy as a crunchy topping for oatmeal, yogurt, rice and pasta dishes, or cooked vegetables
- Add to pesto sauce for use in pasta or as a spread



Try this at home!

Versatile Pesto Recipe

Ingredients:

¼ cup unsalted nuts such as almonds, cashews, pecans, pine nuts, pistachios or walnuts
2 cups fresh greens such as arugula, basil leaves, cilantro, kale, parsley or spinach
1-2 cloves of garlic, peeled and chopped
1/3-1/2 cup oil such as extra virgin olive oil, avocado oil, flaxseed oil or walnut oil
½ cup grated parmesan, asiago, pecorino, or Romano cheese
Black pepper and salt, to taste
Fresh lemon or lime juice, to taste

Steps:

1. Put nuts, greens and garlic cloves in a food processor or blender.
2. Slowly add oil and blend until smooth.
3. Put grated cheese into the mixture and blend.
4. Add salt, pepper and citrus juice to taste.
5. Store pesto in an airtight container, 5-7 days in refrigerator or 3-4 months in freezer.



Uses: Add desired amount to your favorite pasta, or use as a vegetable dip or sandwich spread.

FOOD WISE
Healthy choices, healthy lives.

UW Extension
Waukesha County

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188
Phone: 262-548-7877 Fax: 262-548-7787
Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

April is National Donate Life Month



In the United States, there is a large shortage of organ donors. Those on the organ donor transplant list can be waiting anywhere from several months to years. A shocking number of patients on the waiting list die every year. You can help save lives by registering as an organ donor and spreading the word to your family and friends. One donor can make a significant difference in multiple people's lives. It's important to know the impact you can make by registering as an organ donor. One day it could be you who needs an organ transplant.

Did you know there are more than 2,300 on the organ donor waiting list in Wisconsin?

With the help of Donate Life Wisconsin, the Wisconsin Department of Health Services administers organ donor registration across the entire state. Signing up as an organ donor is free, and you could end up saving the lives of numerous people. You can join more than 3 million Wisconsin donors today!

In order to register as an organ donor you must be at least 15 1/2 years old and have a license or an identification card. If you're eligible, you can register **online** or **in person** at your local WI Department of Motor Vehicles (DMV) office. It is important to discuss your wishes to be a donor with your family members.

The easiest way to register is signing up online. You can do this through:

- The Wisconsin Department of Health Services website. The DOT will mail you an orange donor indicator to place on your driver's license or ID.
- ORGANIZE.org. You will be registered in Wisconsin, and your information will be added to a nationwide donor information database.

You can also register to become a Wisconsin organ donor at the DMV when applying or renewing your driver's license or ID card by marking the "yes" box next to the organ donor option on the Wisconsin Driver License/ID Application.

Place the orange "organ donor" indicator on the front of your driver's license or state ID card, on top of the embedded spot. If you have an orange dot on your license, you are already included on the donor registry.

Beyond registering as an organ donor, you can offer your help in a variety of ways, such as:

- Making a monetary contribution online to the organ donation program via the BloodCenter of Wisconsin website.
- Volunteering your time to the BloodCenter of Wisconsin.
- Encouraging your friends and family to register as organ donors.

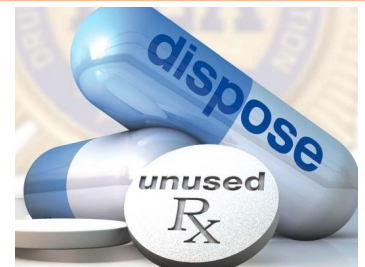
Being an organ donor in Wisconsin doesn't cost you or your family anything. Your funeral won't be delayed or altered; an open-casket ceremony is still possible. Donors receive the same level of medical care as non-donors. All major religions in the United States support organ and tissue donation.



Did you know....

April 28, 2018 is National Prescription Drug Take-Back Day.

National Take-Back Day is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs. Waukesha County hosts these convenient locations to dispose of unused or unwanted medications all year round.



Waukesha County Sheriff Department

515 W. Moreland Boulevard
Waukesha, WI 53188-1488
262-548-7126
24-hour collection

Village Of Sussex

Sussex Public Safety Building
N63W24335 Main Street
Sussex, WI 53089-3034
262-246-5237
Monday - Friday
8:00 am - 5:00 pm

Pewaukee City Hall

Waukesha Sheriff's Substation
W240 N3065 Pewaukee Road
Pewaukee, WI 53072
262-691-0921
24-hour collection

Tornado and Severe Weather Week

Last year in Wisconsin, there were twenty-three tornados that touched down, which is average for the Badger State. Governor Walker has declared April 9-13, 2018 as Tornado and Severe Weather Awareness Week. One of the key events for the week will be a statewide tornado drill on Thursday, April 12th. This is a good opportunity to discuss severe weather and remind ourselves of safety precautions. On Thursday, April 12th at approximately 1:00 p.m., a mock tornado watch will be issued. Remember, a tornado *watch* means, ‘be prepared as conditions are right for potential severe weather.’ At 1:45 p.m. that same day, the mock tornado watch will be upgraded to a mock tornado warning and many community sirens and alerting systems will be activated. A true tornado *warning* means ‘severe weather conditions exist and it is important to take protective action.’ Although this is only a scheduled drill, it is good to keep the following safety tips in mind:



- ◆ The safest place is the lowest floor of your home or building.
- ◆ If you don’t have access to a basement, use an interior room without windows.
- ◆ People in mobile homes should evacuate immediately to the closest fixed structure.
- ◆ Never try to out run a tornado. If you are outside or in a car, you want to get as low as possible. Seek shelter by laying in a ditch. Do not seek shelter under overpasses or bridges. If you can’t leave your car and find a ditch for shelter, keep your seatbelt on and put your head down below the windows. Protect your head with your hands or anything you may have available.
- ◆ Watch for flying debris which is the #1 cause of injuries and fatalities during a tornado.
- ◆ Listen to a National Oceanic and Atmospheric Administration (NOAA) weather radio.

April Showers...

Use the clues below to determine words that rhyme with *rain*.

- | | |
|----------------------------------|-------------------------------|
| 1. Tarzan’s love _____ | 10. Fake an injury _____ |
| 2. Everglades bird _____ | 11. Jet _____ |
| 3. Public transport _____ | 12. Royal ruling period _____ |
| 4. Whiz kid _____ | 13. Sport injury _____ |
| 5. European country _____ | 14. Water outlet _____ |
| 6. Walking stick _____ | 15. Small street _____ |
| 7. Sand particle _____ | 16. Of sound mind _____ |
| 8. Dry cleaner’s challenge _____ | 17. Flat strip of land _____ |
| 9. Bicycle part _____ | 18. New England State _____ |

15. Lane
16. Sane
17. Plain
18. Maine

10. Feign
11. Plane/airplane
12. Reign
13. Strain/sprain
14. Drain

5. Spain
6. Cane
7. Grain
8. Stain
9. Chain

Answers
1. Jane
2. Crane
3. Train
4. Brain

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha WI 53188

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removed from this mailing, or would
prefer to receive our Newsletter
electronically, please call the ADRC at
(262) 548-7848